

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended) A neck exercising apparatus providing a mechanical load to a user's neck and/or back, comprising:
  - a cap-like device adaptable to cover portions of a user's hair and scalp;
  - 5 the cap-like device having an outer surface including a plurality of attachment members; [[and]]
    - at least one weight having a surface including a plurality of attachment members compatible with the outer surface attachment members,
    - whereby confronting attachment members on the at least one
    - 10 weight and the cap-like device serve to releasably fasten the at least one weight to the cap-like device to apply a mechanical load to the user's neck and/or back area; and
    - 15 a weight belt supported on the cap-like device, with the weight belt including a plurality of pockets capable of supporting additional weights about the circumference of the user's head, wherein the weight belt further includes a surface having a plurality of attachment members confronting the outer surface of the cap-like device for releasably fastening the weight belt to the cap-like device.
2. (original) The apparatus according to Claim 1, wherein the attachment members include a plurality of hook and pile-like members.

3. (original) The apparatus according to Claim 2, wherein the attachment members comprise VELCRO hook and pile-like members.

4. (original) The apparatus according to Claim 1, wherein a plurality of separate weights, each having a surface including a plurality of attachment members, are releasably fastened to selected portions of the outer surface of the cap-like device.

5-6. (canceled)

7. (currently amended) The apparatus according to Claim ~~[[5]]~~ 1, wherein additional weights are disposed in the plurality of pockets, allowing a user to easily alter the mechanical load applied by the cap-like device to the user's neck and/or back.

8-10. (cancelled)

11. (currently amended) A neck exercising apparatus providing a mechanical load to a user's neck and/or back, comprising:

a cap-like device adaptable to cover portions of a user's hair and scalp;

5 the cap-like device having an outer surface including a plurality of hook and pile-like attachment members;

at least one weight having a surface including a plurality of plurality of hook and pile-like attachment members compatible with the outer surface attachment members, allowing the at least one weight to be releasably  
10 attached to the cap-like device; and

a weight belt and at least one additional weight supported on the cap-like device, with the weight belt including a plurality of pockets containing the at least one additional weight.

15        wherein the weight belt further includes a surface having a plurality of hook and pile-like attachment members confronting the outer surface of the cap-like device for releasably fastening the weight belt to the cap-like device.

12.    (canceled)

13.    (currently amended) The apparatus according to Claim [[9]] 11, wherein additional weights are disposed in the plurality of pockets extending about the circumference of the cap-like device, allowing a user to easily alter the mechanical load applied to the user's neck and/or back by the weight belt and cap-like device.

14-17. (cancelled)

18.    (currently amended) A method of exercising a user's neck and/or back, comprising the steps of:

5        positioning a cap-like device having an outer surface formed of a plurality of attachment members ~~on its outer surface~~ so as to cover at least portion of the user's hair and/or scalp; and

         placing a number of separate weights having attachment members into contact with various areas on the cap-like device to fasten the weights to the device, so that the weights provided a mechanical load to exercise the user's neck and/or back.

19.    (original)    The method according to Claim 18, including the step of mounting a weight belt on the cap-like device and inserting at least one weight into a pocket formed in the belt to alter the mechanical load applied to the user's neck and/or back.

20-21. (cancelled)

22. (new) A neck exercising apparatus providing a mechanical load to a user's neck and/or back, comprising:

a cap-like device adaptable to cover portions of a user's hair and scalp;

5 the cap-like device having an outer surface formed of a plurality of attachment members; and

at least one weight having a surface including a plurality of attachment members compatible with the outer surface attachment members,

10 whereby confronting attachment members on the at least one weight and the cap-like device serve to releasably fasten the at least one weight to the cap-like device to apply a mechanical load to the user's neck and/or back area.

23. (new) A neck exercising apparatus providing a mechanical load to a user's neck and/or back, comprising:

a cap-like device adaptable to cover portions of a user's hair and scalp;

5 the cap-like device having an outer surface formed of a plurality of hook and pile-like attachment members;

10 at least one weight having a surface including a plurality of plurality of hook and pile-like attachment members compatible with the outer surface attachment members, allowing the at least one weight to be releasably attached to the cap-like device; and

a weight belt and at least one additional weight supported on the cap-like device, with the weight belt including a plurality of pockets containing the at least one additional weight.